



[wsmrc.org.au](http://wsmrc.org.au)

For more information about 2 Worlds, 2 Words  
contact Western Sydney MRC on 8778 1200 or visit our website.

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TWO WORLDS

TWO WORDS

**'STAY  
ACTIVE'**

## STAY ACTIVE

“Stay Active” are two words of advice and encouragement, shared by refugees like yourself, who are making a new home in Australia. Hopefully, these words will offer some guidance and inspiration to help you live a happier and healthier life.

### Why stay active?

Staying active improves your physical and mental health, so you can continue to keep doing the things you like to do as you get older.

Simple things like taking a daily walk in your local neighbourhood can help relieve the feeling of stress, lift your mood and play a part in managing a range of health conditions.

Being involved in community activities, joining the library or getting around on public transport can all help you stay active and in better health. If you're out and about more often and become more involved in your community, you are more likely to meet new people, make new friends and create new opportunities for a better life.



## It is easy to stay active



### Join a community activity

Your local community centre will have activities and classes you may be interested in. Also, become a member of your library, which is a great source of information, activities and education.



### Meet friends for a walk

Find a walking partner or catch up with friends for a walk in the park or your local area. It can sometimes be more motivating if you do some physical activity with someone else.



### Find a local Park

Most suburbs have a variety of parks, ranging in different sizes and access to gym equipment, children's play areas and walking paths. Find out about your nearest park and explore your local facilities.



### Volunteer

Engage in volunteering work, it will improve your English and will give you the opportunity to understand the Australian work environment also volunteering experience will add a value to your resume and be considered as a local experience.



### Stay Active

No matter what activity you choose to do, adding any amount of activity throughout your day will benefit you. That includes things like stretching in the morning, walking around the shops or exploring new parts of Sydney on public transport.

For more information visit your local MRC, Library or Community Centre.